

# D470

## ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

**weider®**

RECOMMENDED WEIGHT SET - 365 LBS  
NN-1092

**WEIDER HEALTH AND FITNESS**  
21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

MODEL NUMBER: D470

MODEL/PART BOOK LISTING

PAGE 1

VERSION: 00

INI023P1

PRODUCT NAME:

RUN DATE: 12/18/95

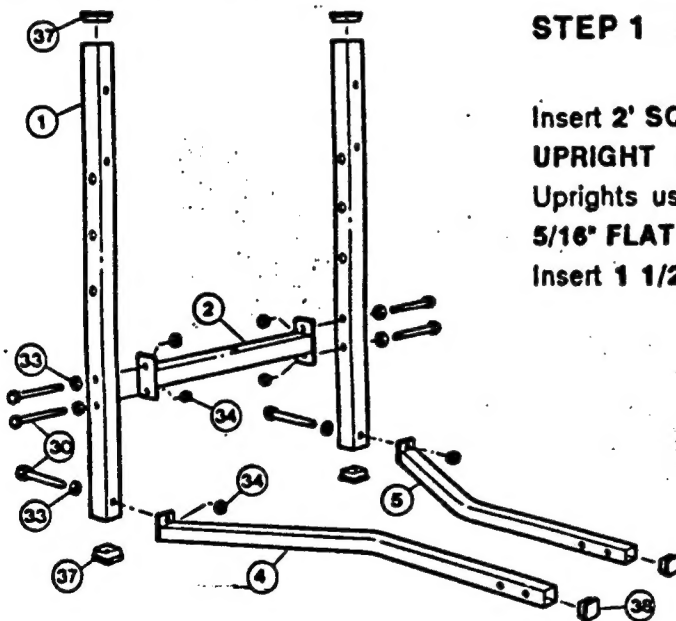
PRODUCT DESC:

RUN TIME: 8:30:52

KEY NUMBER	PART NUMBER	DESCRIPTION	QUANTITY
		WEIDER COBRA BENCH	0
	CHN-1092	OWNER'S MANUAL	1
1	C0274-D14	UPRIGHT	2
2	C0275-D14	CROSS MEMBER	1
3	C1167-D14	MAIN FRAME	1
4	C1168-D14	BASE, RIGHT	1
5	C1169-D14	BASE, LEFT	1
6	C1170-D14	FRONT SUPPORT	1
7	C6250-E01	LEFT BENCH RAIL	1
7A	123976	RIGHT BENCH RAIL	1
8	C1313-D14	BACKREST	1
9	C1314-D14	SEAT	1
10	C0276-D14	WEIGHT HOLDER BRACKET	4
11	NLA	LEG CURL	1
12	C1172-D14	LEG CURL BRACKET	2
13	C0148-C15	WEIGHT PIN	1
14	C6061-A14	PAD BAR	3
15	C0426-A14	FOAM PAD, 2.5" X 7"	2
16	C0443-E02	FOAM PAD, 3.5" X 7"	4
17	C6238-D14	BACKREST ADJ BAR	1
18	NLA	SEAT SUPPORT BRACKET	2
19	HH-5283	SPACER BUSHING, 1"	2
20	NLA	INSERT SPACER, 2"	1
30	HH-5070	5/16" X 2.75" SCREW	17
31	HH-5287	5/16" X 5.5" SCREW	2
32	NLA	5/16" X 4.5" SCREW	1
33	014041	5/16" FLAT WASHER	19
34	012140	5/16" LOCK NUT	21
35	NLA	1/4" X 2 3/4" SCREW	1
36	013456	1/4" X 3/4" SCREW	6
37	AA-8002	2" SQUARE PLASTIC CAP	9
38	AA-8001	1.5" SQUARE PLASTIC CAP	2
39	115366	3/4" ROUND PLASTIC CAP	6
40	AA-8005	1" ROUND PLASTIC CAP	4
41	123403	PLASTIC BUSHING	1
42	DE-4117	UPRIGHT DECAL	1
43	WW-7041	SPRING RELEASE PIN	1
44	NLA	5/16" X 5" SCREW	1
.	.	NON-ILLUSTRATED PARTS	0
#	123956	EXERCISE CHART	1
#	CNN-1094	EXERCISE MANUAL	1
#	CHN-1092	OWNER'S MANUAL	1
#	C5830-D14	HARDWARE BAG	1
.	.		0
.	.	NOTE: RECOMMENDED WEIGHT	0
.	.	SET IS 365 LB	0

## BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER AND TWO 8" ADJUSTABLE WRENCHES.



### STEP 1 UPRIGHT AND BASE ASSEMBLY

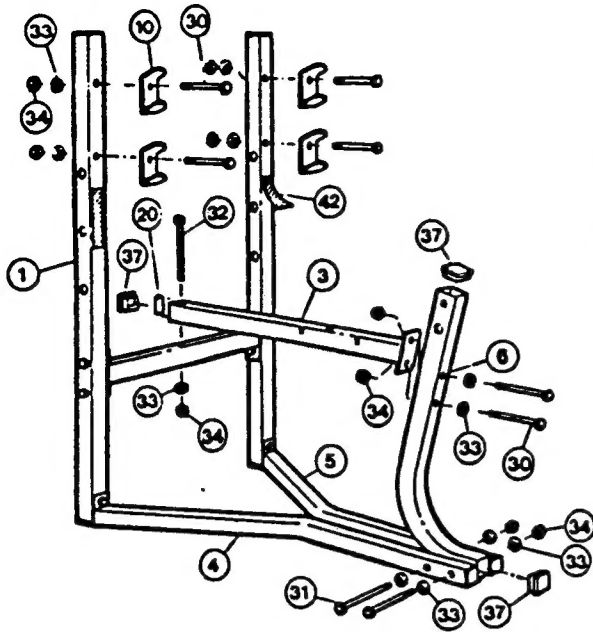
Insert 2' SQUARE PLASTIC CAPS (37) into each end of UPRIGHT (1). Assemble CROSS MEMBER (2) to Uprights using 5/16" x 2 3/4" HEX HEAD BOLTS (30) 5/16" FLAT WASHERS (33) and 5/16" LOCK NUTS (34). Insert 1 1/2" SQUARE PLASTIC CAPS (38) into end of FRAME BASES (4) and (5) and bolt BASES to UPRIGHT (1) using 5/16" x 2 3/4" HEX HEAD BOLTS (30) FLAT WASHERS (33) and 5/16" LOCK NUTS (34).

### WARNING CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE

## STEP 2 MAIN FRAME ASSEMBLY



Assemble **FRONT SUPPORT (6)** to **BASE FRAMES (4)** and **(5)** using **5/16" x 5 1/2" HEX HEAD BOLTS (31)** **FLAT WASHERS (33)** and **5/16" LOCK NUTS (34)**. Press **2" SQUARE PLASTIC CAPS (37)** into each end of **FRONT SUPPORT (6)**.

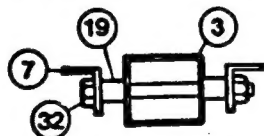
Insert **2" SPACER (20)** into end of **MAIN FRAME (3)** and position with bolt holes. Bolt **MAIN FRAME (3)** to **UPRIGHT CROSS MEMBER (2)** using **5/16" x 4 1/2" HEX HEAD BOLT (32)** **5/16" FLAT WASHER (33)** and **5/16" LOCK NUT (34)**. Cap off tube with **2" SQUARE PLASTIC CAP (37)**. Bolt **MAIN FRAME (3)** to **FRONT SUPPORT (6)** with **5/16" x 2 3/4" HEX HEAD BOLTS (30)** **5/16" FLAT WASHERS (33)** and **5/16" LOCK NUTS (34)**.

**DECALS:** Remove backing sheet from **DECALS (42)** and adhere to **UPRIGHTS (1)** approximately **1/2"** below **Weight Holder Bracket**.

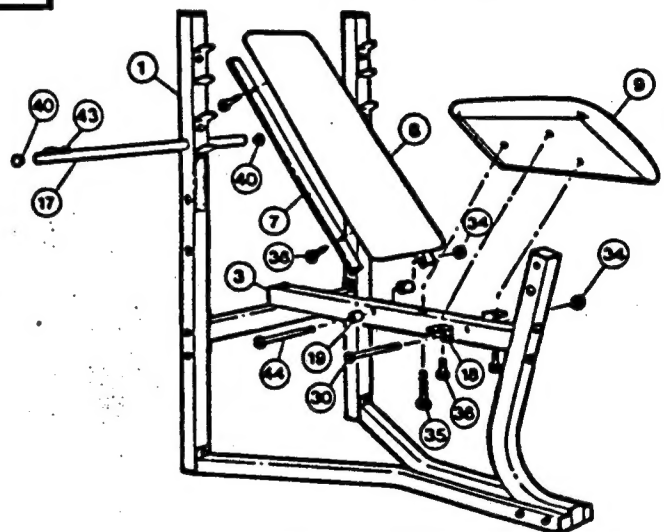
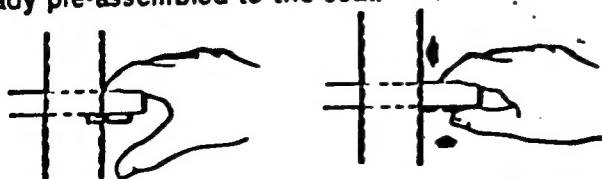
Bolt **WEIGHT HOLDER BRACKETS (10)** to **UPRIGHTS (1)** using **5/16" x 2 3/4" HEX HEAD BOLTS (30)** **5/16" FLAT WASHERS (33)** and **5/16" LOCK NUTS (34)**.

## STEP 3 SEAT & BACKREST ASSEMBLY

**BACKREST:** If **LONG ANGLE IRONS (7)** are pre-assembled to **BACKREST (8)**, remove one **1/4" x 3/4" ROUND HEAD SCREW (36)** from end of Backrest that Long Angle Iron extends beyond and slightly spread Long Angle Irons apart. Bolt **BACKREST (8)** to **MAIN FRAME (3)** by inserting **5/16" x 5" HEX HEAD BOLT (44)** first through one Long Angle Iron, then a **1" SPACER (19)**, the **MAIN FRAME (3)**, and a second **1" SPACER (19)**. Close **LONG ANGLE IRONS (7)** and passing bolt through other Long Angle Iron and secure with **5/16" LOCK NUT (34)**. SEE DETAIL INSERT.



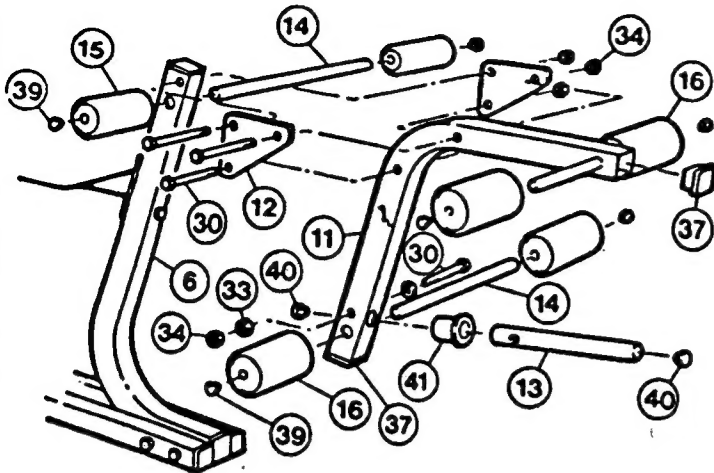
**SEAT:** Bolt **SEAT SUPPORT BRACKETS (18)** to **MAIN FRAME (3)** using **5/16" x 2 3/4" HEX HEAD BOLT (30)** and **5/16" LOCK NUT (34)**. Bolt **SEAT (9)** to Frame using **1/4" x 2 3/4" ROUND HEAD SCREW (35)** and **1/4" x 3/4" ROUND HEAD SCREWS (36)** - These screws may be already pre-assembled to the seat.



Insert **1" ROUND PLASTIC CAPS (40)** into each end of **BACKREST ADJ BAR (17)** and insert it through **UPRIGHTS (1)** to adjust **BACKREST (8)** to a desired incline.

To lock **BACKREST ADJ BAR (17)** into **UPRIGHTS (1)**, squeeze **SPRING RELEASE PIN (43)** so it can pass through hole in **UPRIGHT (1)**. When small bump section is inside Upright, release Spring and Bar should be locked into position. SEE ILLUSTRATION **SPRING RELEASE PIN (43)** is pre-assembled in **BACKREST ADJ BAR (17)**.

## STEP 4 LEG CURL ASSEMBLY



Loosely bolt LEG CURL BRACKETS (12) to LEG CURL (11) with 5/16" x 2 3/4" HEX HEAD BOLTS (30) and 5/16" LOCK NUTS (34). Assemble this assembly to FRONT SUPPORT (6) with a 5/16" x 2 3/4" HEX HEAD BOLT (30) and 5/16" LOCK NUT (34). Tighten all bolts securely but leave the Pivot Bolt a little less tight so the Leg Curl can move freely. Fasten WEIGHT PIN (13) to LEG CURL (11) using 5/16" x 2 3/4" HEX HEAD BOLT (30) 5/16" FLAT WASHER (33) and 5/16" LOCK NUT (34). Slide PLASTIC BUSHING (41) over WEIGHT PIN (13) (flared side out) and cap each end of WEIGHT PIN (13) with 1" ROUND PLASTIC CAP (40). Cap each end of LEG CURL (11) with 2" SQUARE PLASTIC CAP (37). Insert

3/4" ROUND PLASTIC CAP (39) into both ends of PAD BARS (14). Assemble 2 1/2" x 7" FOAM PAD (15) on to one side of a Pad Bar and insert it into Pad Bar Hole in FRONT SUPPORT (6). Slide second 2 1/2" x 7" FOAM PAD (15) on to other end. (NOTE: Using a small amount of any liquid dish detergent wiped along the Pad Bars will make this assembly easier and also will act as an adhesive for the Pads when it has dried.) Follow the same assembly procedure and assemble 3 1/2" x 7" FOAM PADS (16) to remaining Pad Bars and assemble them to LEG CURL (11).

### CAUTION

1. ALLOWING LEG CURL ARM TO FREE FALL OR BANG INTO FRONT LEG CAN CAUSE DAMAGE TO THE FRAME AND LEG CURL. DO NOT EXCEED 100 LBS. OF WEIGHT.
2. WHEN WEIGHTS ARE USED ON THE LEG CURL THE SAME AMOUNT OF WEIGHT SHOULD BE ADDED TO THE REAR OF THE BENCH. THIS CAN BE DONE BY PLACING A WEIGHTED BARBELL ACROSS THE UPRIGHTS OR HAVING YOUR TRAINING PARTNER STAND ON THE FRAME BASE.
3. USE LOCKING COLLARS FROM DUMBBELLS TO SECURE WEIGHTS ON LEG CURL WEIGHT PINS.

### TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED